



SD Supporting Families CoP State Team

4.1.20



Welcome & Introductions

© Opening Round

- ★ Name

- ★ Where are you from?

© Using the Chat box, complete this sentence:

- ★ *“I’m on the SD State Team for Supporting Families because...”*





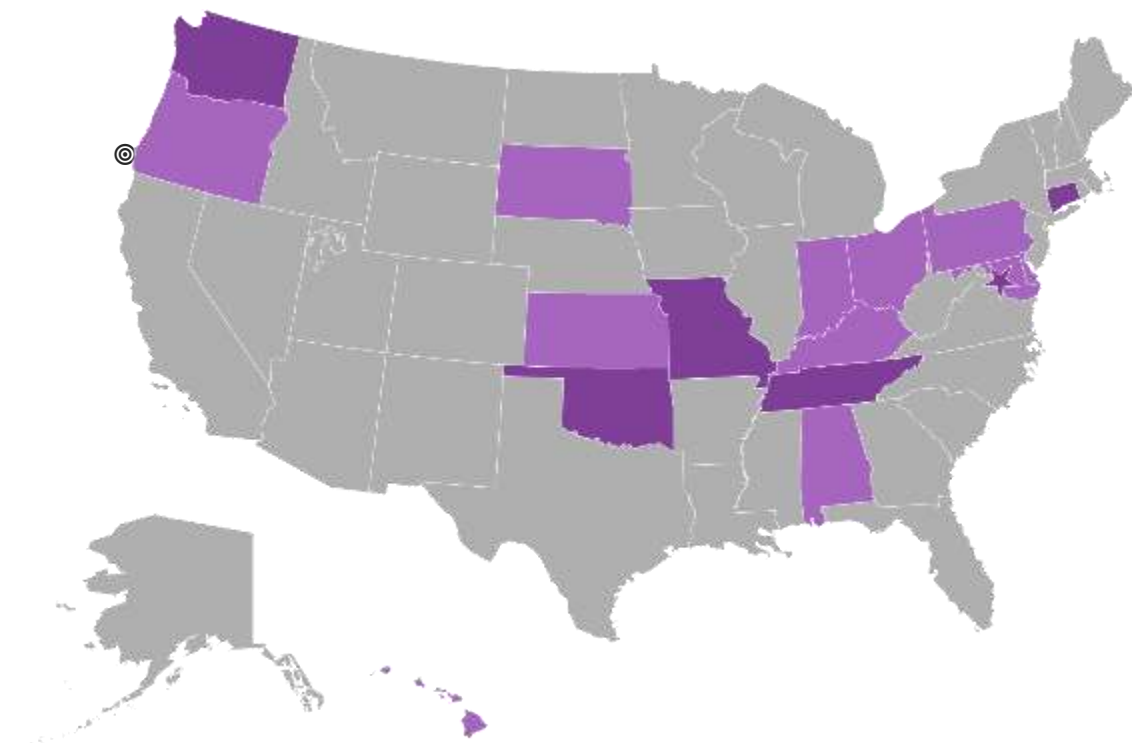
Core Belief:
All people and their families have the right to live, love, work, play and pursue their life aspirations in their community.



What is a Community of Practice?

- ⦿ A community of practice brings together "people who share a concern or passion for something they do and learn how to do it better as they interact This model was chosen for this effort to provide means for:
- ⦿ Connecting people who may have never had contact;
- ⦿ Providing a shared context for people to communicate, collaborate, generate knowledge, share information; and solve commonly identified problems;
- ⦿ Stimulating learning by serving as a vehicle for communication, mentoring, coaching, or self-reflection; and
- ⦿ Helping people organize around purposeful actions.





Project Outcome

- State and national consensus on a national framework and agenda for improving support for families with members with I/DD.
- Enhanced national and state policies, practices, and sustainable systems that result in improved supports to families.
- Enhanced capacity of states to replicate and sustain exemplary practices to support families and systems.

National Community of Practice for Supporting Families

Project Goal

To build capacity through a community of practice across and within States to create policies, practices and systems to better assist and support families that include a member with I/DD across the lifespan.



What is the role of the SD CoP State Team?



- ⦿ Organize a structure of leaders to drive the change in your state
- ⦿ Understand and use the Charting the LifeCourse "thinking"
- ⦿ Identify and develop an infrastructure in the state for other stakeholders to also learn about the framework
- ⦿ Identify statewide specific Innovation Areas for integrating and implementing the Charting the LifeCourse-thinking, tools and practices.
- ⦿ Leverage and bridge National CoP opportunities with statewide stakeholders to learn from other states and to national technical assistance.



Meeting Agreements

- ⦿ Respect for all members & perspectives
- ⦿ Keep speakers muted when not speaking
 - ★ Use chat box if you have a question or comment you don't want to forget
- ⦿ Active participation
- ⦿ Remember we can use the “parking lot”
 - ★ When an important topic comes up, but it's not on today's agenda, we can “park” it until the next meeting



Goal 1: Self-Advocate & Family Networks

- ⦿ Have many perspectives represented on the SD Supporting Families CoP State Team
- ⦿ Learn what matters most to families
- ⦿ Provide information and opportunities for self-advocates & families to develop the skills they need to effectively share their vision of a good life

Answer in the Chat Box:

What can provider agencies and other organizations do to better connect with families & self-advocates?



Goal 2: Private and Public Partnerships

- ◎ Identify similar goals & activities underway in other state agencies, provider organizations & communities
- ◎ Find ways to partner to achieve common goals & reach similar audiences
- ◎ Share learning and resources to more effectively support families

How can I, as a CoP member, help expand public/private partnerships?



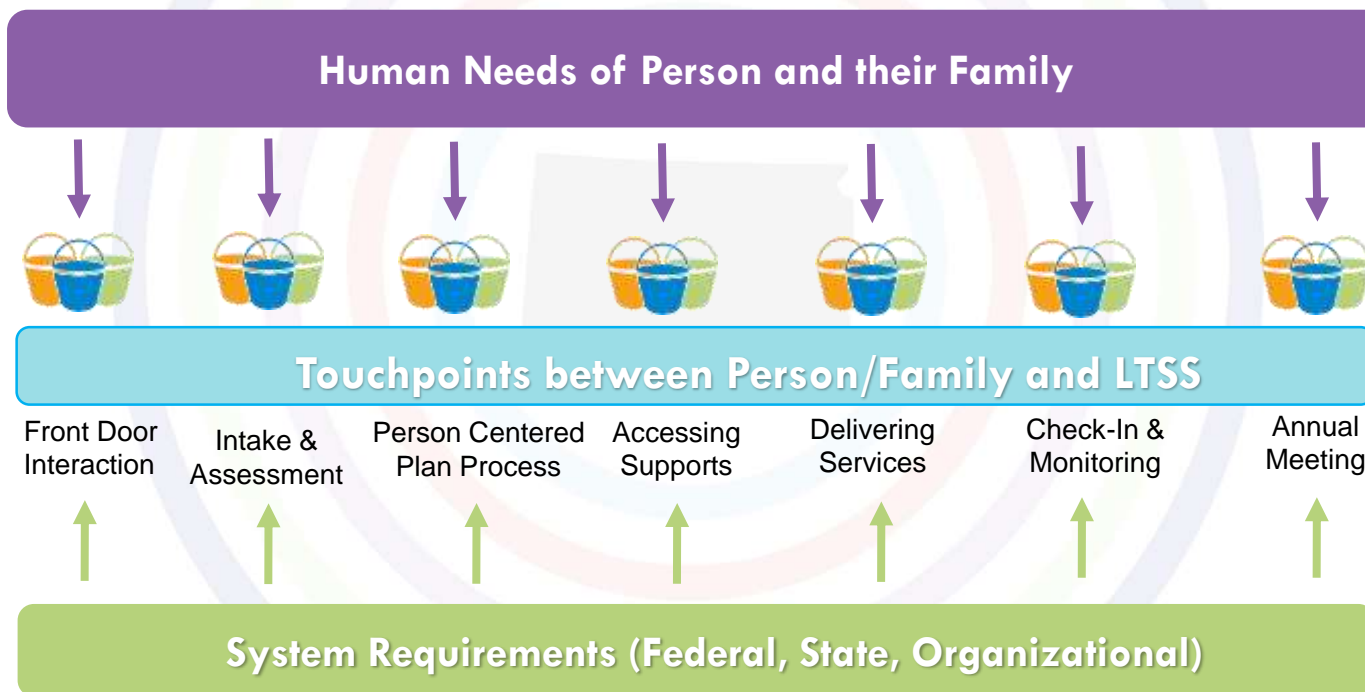
Goal 3: Supporting Families as a Priority within DDD

What is the SD CoP's role in accomplishing this goal?

- ⦿ *Asking families & self-advocates “What gets in the way...”*
- ⦿ Policies, procedures, practices - both written and unwritten
 - ★ Guidelines
 - ★ The language & terminology used
 - ★ Accessibility of information
- ⦿ How do these impact families?
- ⦿ Do self-advocates & families have opportunities to provide feedback and recommendations?



Human Needs vs. System Needs



Online Good Life Group

- Offering Families Connection
- Opportunity to learn the Charting the LifeCourse principles, concepts, and practice with the tools.
- Develop a vision using the Trajectory
- Think about supports, the Integrated Supports Star



Derek's Trajectory for the Next Few Weeks

What actions and experiences will help Derek over the next few weeks?

Stay active by taking walks in the neighborhood, walking my dog, Jaxon
Riding my bike when the weather improves, walking to get the mail, playing my Wi Fit

Participate in any online meetings for the DD Council and other groups

To Stay Healthy

- Eat healthy
- Cook at home
- Wash my hands
- Stay home
- Drink water
- Get sleep

To Keep Connected

- Call, text, **skype** or email family, members, neighbors, co-workers,
- Friends and Stoneybrooke residents

Practice "stranger danger", Talk to my parents/family

Participate in my Monday Bible Study

Watch church online – Celebrate, Embrace, Pastor Salem, First Lutheran

Listen to music, watch movies, board games, video games

Stay informed by asking my parents, updates by the Mayor or Governor

Actions that might take him in the direction of what he doesn't want...

- Overload of information
- Being around people who are upset and stressed
- People don't give me a heads up when there is a change in my plan or my day

VISION for a GOOD LIFE

- Stay Healthy & feel safe
- Keep Active and fit
- Listen to Music
- Stay connected to my church
- Stay involved with my Bible Study Group
- Connect with family, friends, neighbors, co-workers, card group, coaches, Stoneybrook residents & staff
- Lose more weight
- Keep involved in my groups: DD Council, Toastmasters, Athlete Input Group for Special Olympics, Partners in Policymaking
- Stay busy
- Help others
- Be informed on what's happening at my work, the community and our state

What I DON'T Want

- People to be late
- Change in my routine
- Drama
- Stress, anxiety, and/or depression
- To be around people who don't feel well

MI to VA

MAY 20





Integrated Supports

People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life.

Technology

Technology is going to be important to help people SAFELY get the things they need and to stay connected while following social distancing rules

It's hard for some cope when routine is broke
- will a visual schedule help?

How do you use technology to: socialize and stay connected, explore, shop, for entertainment, manage your health and mental well-being?

Zoom- Phone - Tablet/Ipad- Social Media -
Youtube - camera- Kindle/E-reader - video games -

Facebook Live

Personal Strengths & Assets

YOU are your greatest Asset! It's important to remain safe & practice self-care. Try to **spread out activities** so you don't get 'burned out' or bored.

Focus on what you can control

Be Productive! (organize a room, work from home, create a new schedule/routine - and try to stick to it)

Exercise (Dance Party, Yoga, take a walk, work in yard, Hoops Hoop if you're fancy)

Check in with yourself & others

Create or Make Something!
(Draw, paint, craft, **Make a card**, Cook a new meal, Write a song, poem, letter, story, Make & send a video message, create music **PLAYLISTS**)

Relationships

Schedule Virtual Dates with Friends/Family - using Facetime, Skype, video Messaging

Join an online social group - or make one!

Enjoy Quality time with your pet

Focus on your relationship with yourself! Try a new look!

Have a Home Spa day!

manicure!

Social Distancing

Foster a Pet - from local shelter

Take a Virtual National Park Tour

TRY Book Downloads

Virtually Attend:
Online Worship Service
Online Grocery service
Online Lesson Plan
Exercise class
Meditation Class

Visit a park - while social distancing!

Community Based

Department of Health and Social Services-Division of Developmental Disabilities Services are operating

Check in with your Community Navigator - Support Coordinator - or Care Coordinator

Many DDS Authorized Providers are sharing resource online and helping connect families to families

DE Help Line: dial 211

Eligibility Specific

Access the Life Course framework and tools at lifecoursetools.com

Problem-Solving: Social Distancing




Upcoming Activities for SD Charting the LifeCourse

- ◉ May 20th, 2020 - Safety & Security
(Rescheduled from March 18th)
- ◉ May 27th - Daily Life & Employment
- ◉ July 22nd - Citizenship & Advocacy
- ◉ September 23rd - Community Living
- ◉ November 18th - Social & Spirituality
- ◉ January 13th, 2021 - Healthy Living

**SOUTH DAKOTA
COMMUNITY OF PRACTICE
FOR SUPPORTING FAMILIES**

Presents
**Planning a Good Life using the
Charting the LifeCourse Framework**










Are you a family member or professional who wants to ensure that all people have a good life including those with disabilities, special health care needs and/or those who are aging?

Join us for this series of Free Webinars!

The six Life Domains are the building blocks of the LifeCourse Framework and we must consider each one as we strive for our Good Life. During these webinars you will see examples, resources, hear practical ideas and learn tools in the context of each life domain to help you plan, problem-solve, and support people at any age and stage of life.

Registration is required for each session.

Session #1 Wednesday, January 22, 2020 12 PM-1 PM CT / 11 AM-12 PM MT	 The All and Universal Strategies - How we can think differently and develop strategies which benefit and include ALL people?
Session #2 Wednesday, March 18, 2020 12 PM-1 PM CT / 11 AM-12 PM MT	 Safety & Security - Staying safe and secure - emergencies, well-being, guardianship options, legal rights and issues.
Session #3 Wednesday, May 27, 2020 12 PM-1 PM CT / 11 AM-12 PM MT	 Daily Life & Employment - What a person does as part of everyday life- including school, work, routines, communication, and life skills.
Session #4 Wednesday, July 22, 2020 12 PM-1 PM CT / 11 AM-12 PM MT	 Citizenship & Advocacy - Building valued roles, making choices, setting goals, assuming responsibility and driving how one's own life is lived.
Session #5 Wednesday, Sept. 23, 2020 12 PM-1 PM CT / 11 AM-12 PM MT	 Community Living - Where and how someone lives including living options, community access, transportation, home adaptations & modifications.
Session #6 Wednesday, Nov. 18, 2020 12 PM-1 PM CT / 11 AM-12 PM MT	 Social & Spirituality - Building friendships and relationships, leisure activities, personal networks, and faith community.
Session #7 Wednesday, January 13, 2021 12 PM-1 PM CT / 11 AM-12 PM MT	 Healthy Living - Managing & accessing health care and staying well - including medical, mental health, behavior, developmental, wellness and nutrition.


Register at: https://zoom.us/join/register?zpf-mqgluKQnZxx1OzGakLIDVM_Cmfw

Once registered, you will be sent an invitation to a Zoom Meeting with details for the webinar. Registration for subsequent webinars will be open when each previous webinar is completed.

Presenters: South Dakota LifeCourse Ambassadors and Community of Practice members. Each presenter has practical knowledge of the Charting the LifeCourse Framework & Tools.

This webinar series is provided through the SD Community of Practice for Supporting Families in partnership with the SD Division of Developmental Disabilities with funding from the SD Council on Developmental Disabilities.

For information: kimbairly.percival@state.sd.us or 605-773-3438

DHS 
South Dakota Department of Human Services



Upcoming SD CoP Activities

© **June 3, 2020(tentative):** Annual In-Person State Team Meeting

- ★ Pierre, SD
- ★ 9 am – 4 pm CT

© Bi-monthly State CoP Meetings

- ★ *All meetings held from 12 pm – 1:30 pm CT*
 - August 5, 2020
 - October 7, 2020
 - December 2, 2020
 - February 3, 2021
 - April 7, 2021
 - June 2, 2021

Stay tuned for:

- ★ Online Good Life Groups
- ★ Community of Practice Overview available for new and existing SD CoP members
- ★ Updates to Supporting Families page on DDD website



National CoP Innovation Workgroups

Connect with people from other Community of Practice member states who share similar interests!

- ◎ Cultural and Linguistic Competency
 - ★ May 12, 2020
- ◎ Implementation & Practice
 - ★ April 2, 2020
- ◎ Family & Self-Advocate Engagement
 - ★ June 4, 2020

**See handout titled “2019-2020 Innovations Workgroup Schedule” for connection information for each*



National CoP Annual Meeting & Charting the LifeCourse Showcase

- © 2020 Supporting Families Community of Practice Annual Meeting
 - ★ *Virtual Meeting*
 - ★ April 28th, 2020
 - ☆ Participating CoP member states and national partners meet to share lessons learned, innovations and implementation strategies as well as state priorities and steps towards systems change to better support families using the Charting the LifeCourse framework
 - ☆ Funding Available to cover (in part or all) travel expense
 - ☆ Must commit to attending all parts of the meeting and contribute learning to SD CoP State Team meetings & goals
- © 2020 Charting the LifeCourse Showcase
 - ★ Kansas City, MO
 - ★ TBD
 - ☆ Provides a platform for in-person learning with national and international stakeholders to share how the CtLC framework and tools are being used to implement change at all levels. Annually attendees come together in person to showcase their learning in breakouts, tool in action sessions, expos and more.



Congrats to SD's newest LifeCourse Ambassadors!

- ◎ Dixie Jungwirth
- ◎ Melissa Flor
- ◎ Barb Wetrosky
- ◎ Kimberly Percival
- ◎ Carie Diro
- ◎ Julie Hand



SD LifeCourse Ambassadors

Southeast Region:

- ◎ Carrie Geppert: Sioux Falls
★ Carrie.Geppert@state.sd.us
- ◎ Bobbie Jo Leggett: Sioux Falls
★ Leggett76@gmail.com
- ◎ Elaine Roberts: Sioux Falls
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- ◎ Brenda Smith: Sioux Falls
★ mbsmit@msn.com
- ◎ Jessica Lamb: Sioux Falls
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- ◎ Barb Wetrosky: Sioux Falls
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- ◎ Kristi Patton: Yankton
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Northeast Region:

- ◎ Teri Bukowski: Elkton
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- ◎ Brooke Nelson: Brookings
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- ◎ Deanna Wollman: Aberdeen
★ Deanna.Wollman@state.sd.us
- ◎ Dixie Jungwirth: Redfield
★ Dixie.Jungwirth@state.sd.us
- ◎ Nikie LaFortune: Dell Rapids
★ n.lafortune@voa-Dakotas.org



SD LifeCourse Ambassadors

Central Region:

- ◎ KD Munson: KD.Munson@rhd.org
 - ★ Pierre
- ◎ Kimberly Percival: Pierre
 - ★ Kimberly.Percival@state.sd.us
- ◎ Melissa Flor: Pierre
 - ★ Melissa.Flor@state.sd.us
- ◎ Julie Hand: Pierre
 - ★ Julie.Hand@state.sd.us

West Region:

- ◎ Amy Hannah: Spearfish
 - ★ Hannah@nhctc.org
- ◎ Becky Israelson: Sturgis
 - ★ risraelson@tie.net
- ◎ Carie Diro: Rapid City
 - ★ cdiro@bhws.com

★ *We want to support family members to become Ambassadors and expand our reach in western SD!*



What is the Ambassador Series?

- ❑ If you are interested in learning more about the Ambassador Series and/or would like to apply to participate in the next series, please contact:

Julie.Hand@state.sd.us

- ❑ Learning sessions that occur over a 4-5 month timeframe
- ❑ Coaching calls held at approximately 3-week intervals over the course of about three months.
- ❑ Homework assignments are to be completed between sessions. All assignments must be completed and submitted prior to receiving a certificate.
- ❑ As an Ambassador, you may also have the opportunity to attend the National CoP Annual Meeting and Charting the LifeCourse Showcase in Kansas City in the spring of 2021



Next Meeting

Tentative Date: June 3rd, 2020

- ◎ Agenda will include:
 - ★ Progress on goals since March 2019
 - ★ Turning goals into Action
 - ★ Sharing from each member – successes & opportunities to consider supports to families in current efforts
- ◎ Other Information:
 - ★ Reimbursement for family members, self-advocates & support staff available (mileage, meals)
 - ★ Coordinating with event site for a working lunch provided by SD Supporting Families CoP
 - ★ Hotel reservations will be arranged for members who RSVP
- ◎ *A link to register and confirm attendance will be sent, RSVP required*



Closing Round

What do you have to share with other State Team members about supports to families during our face to face meeting?



Stay Connected!

- ⦿ **National CoP website**
www.supportstofamilies.org
- ⦿ **Examples, Videos, and Downloadable materials** www.lifecoursetools.com
- ⦿ **Information about SD Supporting Families CoP:**
<https://dhs.sd.gov/developmentaldisabilities/lifespan.aspx>



- ⦿ Follow us on Facebook at *SD Charting the LifeCourse*

